



moulded landscape area around the pump track and ampitheatre

timber adventure and exercise area with log causways, structures and walks



ampitheatre

An amphitheatre or amphitheater is an open-air venue used for entertainment, performances, and sports. The term derives from the ancient Greek ἀμφιθέατρον, from ἀμφί, meaning "on both sides" or "around" and θέατρον, meaning "place for viewing".



storage, management and small cafe franchise?

flat exercise area

Tai chi, also called tai chi chuan, combines deep breathing and relaxation with flowing movements. Originally developed as a martial art in 13th-century China, tai chi is now practised around the world as a health-promoting exercise. While there's scope for more rigorous research on tai chi's health benefits, studies have shown that it can help people aged 65 and over to reduce stress, improve posture, balance and general mobility, and increase muscle strength in the legs. Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength training routines with the goal of improving all elements of fitness. Zumba Fitness is a Latin-inspired cardio-dance workout that uses music and choreographed steps to form a fitness party atmosphere. While many of the types of dance and music featured in the program are Latin American inspired, classes can also contain everything from jazz to African beats to country to hip-hop and pop.



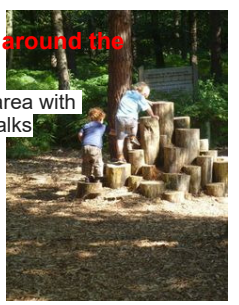
marshalls festival curved seat with 5.00m internal radius and powder coated finish with RAL colour 9007 post column supports fixed into ground in accordance with manufacturers recommendations

central seating area

permeable paved area with powder coated seating and tables - chess tables and small stools

moulded landscape area around the jogging track

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power walking and jogging track

Jogging can be used as a method to increase endurance or to provide a means of cardiovascular exercise but with less stress on joints or demand on the circulatory system. According to a study by [Stanford University School of Medicine](#), jogging is effective in increasing human lifespan, and decreasing the [effects of aging](#), with benefits for the [cardiovascular system](#). Jogging is useful for fighting obesity and staying healthy.

site access path through the site

path to have permeable finish and designed to allow access for all

car parking

car parking for up to 20 cars with adjacent spaces for cycle parking for up to 20 cycles

bin store

bin storage for site use only

cycle racks

cycle parking for up to 20 cycles

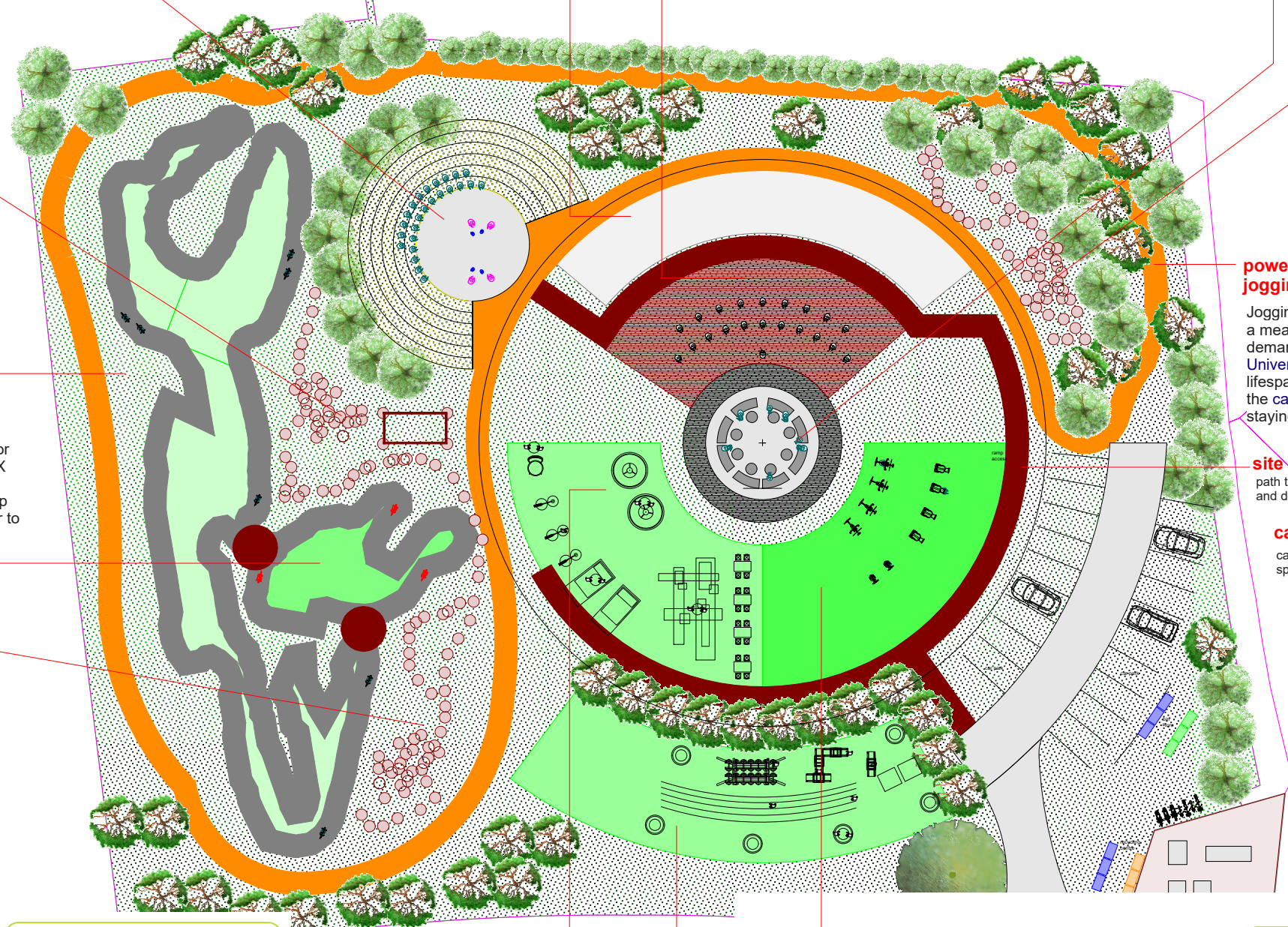
pump track

A **pump track** is a circuit of rollers, banked turns and features designed to be ridden completely by riders "pumping"—generating momentum by up and down body movements, instead of pedaling or pushing.[1] It was originally designed for the mountain bike and BMX scene, and now, due to concrete constructions, is also used by skateboard and scooter riders, and accessible to wheelchairs. Pump tracks are relatively simple to use and cheap to construct, and cater to a wide variety of rider skill levels.

pump track for young children

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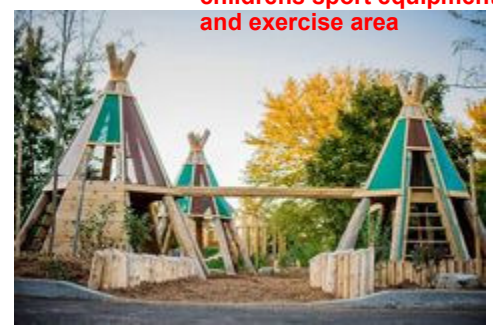


- Equipment**
- Smart Energy Hand Bike
 - Smart Energy Recumbent Bike
 - Shortened Hand Bike
 - Shortened Recumbent Bike
 - Plyometric Boxes
 - Inclusive Rig: monkey bars, pull up bars, swedish walls, plyometric platform, rope fixings and dips/leg raise
 - Welcome Sign

- Benefits**
- Inclusive
 - Energy Generating
 - Class Space
 - Playful Activities
 - Trainers
 - Circuits

No. of Users - 25 +
Minimum Area - 15m x 17m
Minimum Surfacing - 165m2

family exercise area



childrens sport equipment and exercise area

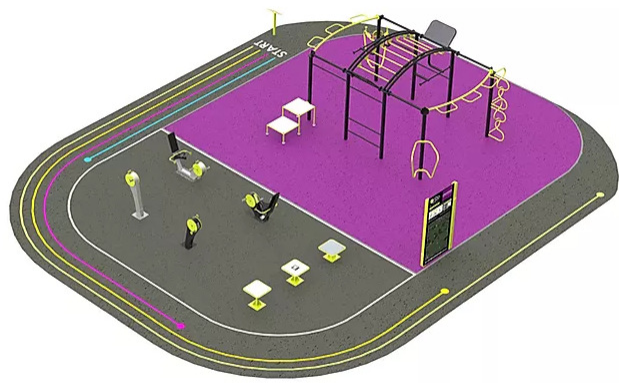
medium size gymn area



- Equipment**
- Double Pull Up
 - Cross Trainer
 - Smart Energy Hand Bike
 - Lat Pull Down/Shoulder Press
 - Dips/Leg Raise
 - Plyometric Boxes
 - Spinning Bike
 - Welcome Sign

- Benefits**
- Inclusive
 - Family Friendly
 - Full Body Workout
 - Playful

No. of Users - 12
Minimum Area - 75m x 58m
Minimum Surfacing - 43m2



proposed

proposed sport and outside activity facility cayton - scale 1:500 @A3